

Claims

1. The use of a dark fruit for the manufacture of an orally ingestable composition for the promotion of health in a mammal, characterised in that the dark fruit has a prebiotic effect.

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2. Use as claimed in claim 1 wherein the dark fruit is in the form of fruit juice.

3. Use as claimed in claim 1 or 2 wherein the dark fruit is blackcurrant, blackberry, strawberry, blueberry, pomegranate, plum, grape, raspberry, cranberry, redcurrant, cherry or a mixture of two or more thereof.

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4. Use as claimed in claim 3 wherein the dark fruit is blackcurrant, cranberry, pomegranate or a mixture of two or more thereof.

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5. Use as claimed in any one of claims 1 to 4 wherein the composition is a beverage.

6. Use as claimed in claim 5 wherein the composition is a beverage concentrate comprising 1-40% (v/v) single strength fruit juice.

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7. Use as claimed in claim 5 wherein the composition is ready to drink beverage comprising 1-20% (v/v) single strength fruit juice.

8. Use as claimed in claim 1 wherein the composition further comprises a probiotic.

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